



# Smoking and Oral Health

Tobacco has general health risks, and it can also harm your oral health.

The risk for these oral health conditions increases when tobacco is used in any form - cigarette, cigar, pipe or smokeless (spit):



## Periodontal Disease

According to the American Academy of Periodontology, tobacco use may be one of the most significant risk factors in the development and progression of periodontal (gum) disease. In fact, smokers are seven times more likely to develop gum disease than non-smokers due to an increase in plaque buildup which can harbor destructive bacteria. Smoking is a major preventable risk factor for periodontal disease.



## Tooth Loss

If you started smoking at age 18 and smoke one pack a day, you are likely to lose between four and five teeth by the time you are 35 years old. Smoking may restrict blood flow to gum tissue, limiting the nutrients necessary for bone and gum support of the teeth. Studies have shown that more than 40 percent of smokers lost all of their teeth by the end of their lives.



## Tooth Decay, Bad Breath and Stained Teeth

While regular brushing, flossing and dental visits help prevent cavities, it may not be enough if you smoke. Smokers are three times more likely to get cavities due to increased tartar buildup, which can lead to tooth decay. Beyond the medical risks, bad breath and stained teeth are just a couple of the other unpleasant effects of smoking.



## Oral Cancer

Nearly 39,000 Americans are diagnosed with oral cancer annually.<sup>1</sup> Of those, only 63 percent will exceed the five-year survival rate. People who use tobacco products tend to have a higher risk for oral cancer, and those who use tobacco products *and* consume excessive amounts of alcohol have the highest risk.



Along with brushing at least twice a day and flossing once daily, stopping tobacco use is important to your oral *and* overall health. Discuss any concerns you may have about the use of tobacco products and your oral health with your dentist.

Visit [deltadentalil.com/oralhealth](http://deltadentalil.com/oralhealth) for more information.

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